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# Active for Life Lab Challenge

- A fun way to get moving!
- Health, Benefits and Employee Services (HBE) celebrates May Fitness Month by launching the Active for Life Lab Challenge 2010, sponsored by the American Cancer Society (ACS)
- Sandia National Labs will compete against other labs in this fun, ten-week program to encourage people to be more active, eat healthier and adopt a healthier lifestyle

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# Active for Life Lab Challenge

## **Team Captain Responsibilities include:**

- Go to [hbe.sandia.gov](http://hbe.sandia.gov) and search for Active for Life Lab Challenge and click to be a team captain
- You will receive an email From Heather Morgan - Your Active for Life Team Captain Invitation with a link to enroll and how to invite your team (limit to 4 members):
  - Click the link and see terms of agreement
  - Complete the Pre-program survey
  - Register your team
  - Click Campaign tools
  - Go to Invite Participants, enter emails of your team members and send invite
- Once your team is enrolled you are responsible for forwarding HBE Weekly Bonus Points options with your team (they will be emailed to you each week from HBE)
- Provide support and encouragement
- Record you daily points online at [fightcancer.org](http://fightcancer.org)

## **Participants Responsibilities include:**

- You will receive an email from your team captain from Active for Life with a link to enroll.
  - Click the link and see terms of agreement
  - Complete the Pre-program survey
- Record you daily points online at [fightcancer.org](http://fightcancer.org)

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# Email from Active for Life: Team Captain Click the link

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FightCancer.org

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Active for LIFE

▼ Active for Life

About Active for Life

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[Sign out of Active for Life](#)

Active for Life Registration

Active for Life is a 10-week employee wellness program that encourages people to be more active on a regular basis. It reduces employee stress, boosts morale, and improves job performance. Increased physical activity may also help people reduce their risk of developing some cancers.

First Time User Registration

Please read the following [Terms of Agreement](#) and choose an option below:

☐ I agree with these terms.

☐ I do not agree with these terms.

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# Active for Life Lab Challenge Pre-Program Survey

Complete Step 1

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### Active for Life Pre-Program Survey

Please answer the following questions, whether you sign up information will be used to evaluate this activity and plan future programs.

When prompted to please complete and send before 5/3/2014

This form will help us understand your level of physical activity and choose the number below that best describes your current interest in physical activity.

#### Step 1 of 2: Current Physical Activity Status

1. Read the five statements below, then check the one that best describes you.

- ☐ I don't exercise or walk regularly now and I have no plans to start.
- ☐ I don't exercise or walk regularly but I've been thinking about starting.
- ☐ I have been exercising or walking regularly (at a moderate pace or more) fewer than 4 times a week.
- ☐ I have been exercising or walking regularly (at a moderate pace or more) at least four days per week for less than six months.
- ☐ I have been exercising or walking regularly (at a moderate pace or more) at least four days per week for six months or longer.

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### Active for Life Pre-Program Survey

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This form will help us understand your level of physical activity. Please read the entire form and choose the number below that best describes your current level of physical activity or your interest in physical activity.

#### Step 2 of 2: Survey & Profile Information

**Previous Campaigns**  
You have not yet participated in any campaigns.

**1. There are three levels of physical activity from which you may choose.**

Bronze (10-29 minutes per day, 5 days per week)  
Silver (30-59 minutes per day, 5 days per week)  
Gold (60+ minutes per day, 5 days per week)

[Learn more about these levels of physical activity to choose the appropriate level for you.](#)

The ACS recommended level of physical activity for adults is at least 30 minutes of moderate activity on five or more days of the week.

In the space provided, please indicate the number of minutes of

Complete Step 2

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# Active for Life Lab Challenge Team Registration

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## Active for Life Team Registration

### Team Information

Team Name:

Location:

Team Logo (optional):  [Browse...](#)

Team logos may be 75 pixels by 75 pixels, jpg or gif format.

[SAVE](#)

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# Active for Life Lab Challenge

## Go to Campaign Tools

Go to  
Campaign  
tools to send  
your team  
member and  
invite email

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Welcome Back, **Kayleen Vahle** [Sign out of Active for Life](#)  
**Active for Life**  
HBE  
This site is tailored to you, the Employer, and has been designed to be your online source for implementing health and wellness campaigns for your employees. Each campaign reflects 25 years of scientific research and is framed around fun, team-based activities that are motivational, measurable, and fun.  
**Campaign Duration:** 5/3/2010 - 7/11/2010  
**Points for Week 1 [5/3/2010 - 5/9/2010]**

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Life Points	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>	<input type="text" value="6"/>	<input type="text" value="7"/>	<input type="text" value="8"/>	<input type="text" value="9"/>

Week 1 Life Points: 0  
Your Weekly Goal: 300  
Percentage of Your Weekly Goal Met: 0

**Health Tips**  
Be proud of the choice to exercise often, you have it in your control to succeed.  
**Health News**  
[Easy options for getting a workout at work](#)  
[Exercises you can do at 20 or 70](#)  
[Breathe new life into an old routine](#)  
[Make fitness a family affair](#)

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# Invite Participants

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  - Incentives
  - Stay Motivated
  - Team Captain Role
  - Suggested Activities
  - Team Communications
  - Ways To Motivate
  - Team Captain Survey
  - End Participation
- Reports

**Campaign Tools**

The tools and resources in this section can help you manage and achieve success in your Active for Life campaign.

**Edit Team Information**  
Edit your team name, location, number of participants invited, and logo.

**Edit Registration**  
Edit your personal information and password.

**Invite Participants**  
Use this tool to create invitations to ask participants to be a part of your team.

**Delete Participants**  
Use this tool to remove participants from your team.

**Coaching**  
Learn about how you can coach your team members toward success.

**Meetings**  
Try these suggestions for beating meeting fatigue or boredom.

**Incentives**  
Incentives are a great way to motivate Active for Life participants at your company.

**Stay Motivated**  
When it comes to health and fitness, very few things can be changed overnight, but habits can be instantly altered. It's important to stay motivated.

**Team Captain Role**  
Learn more about the essential role you play as a Team Captain.

Click here to invite  
your team members

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# Email your team members (limit of 4)

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**Active for LIFE**

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**Invite Participants**

Active for Life online has created a unique email invitation to potential participants for your upcoming campaign. Inviting team members is easy.

1. Enter the email addresses to send your invitation.
2. If you want, customize your email invitation.
3. Click the Send Invitation button at the bottom of the screen.

NOTE: an invitation link will be appended to the bottom of the email text below. This link can only be used once by the user who receives it.

Email Addresses (separate each email address with a comma or semi-colon):

Hello,

We've started a great program called Active for Life, and I want you to be on my team!

Active for Life is a 10-week program designed by the

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Enter your team  
members email  
addresses and scroll  
down to send

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**Login: sandianm**



**FightCancer.org**  
No matter where you are, we can help!



Welcome to FightCancer.org, an online resource for health and wellness, presented with help from the American Cancer Society. Learn how you can reduce your risk for cancer, boost your energy, and simply feel better everyday. And if you're in charge of employee wellness at your company, be sure to check out the Workplace Programs section for helpful information and resources.

To begin, simply enter your company's login below and click "go."

LOGIN:

**GO**

☐ Remember Me

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# Click on Active for Life

Click on the  
Active for  
Life link



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Welcome to FightCancer.org, proudly brought to you by your company with help from the American Cancer Society!

**Active for LIFE** [Access my goals and progress](#)

Take the Great American Health Challenge! Joining the American Cancer Society's Great American Health challenge can help you get and stay on the road to looking good, feeling great and reducing your cancer risk. Learn more at <http://www.cancer.org/greatamericans>

**Healthy Recipes**  
With these easy recipes, favorite foods like chili, pizza, and even cheesecake, can deliver great taste and fewer calories.

- [Creamy Chocolate Cheesecake](#)
- [Rice with Orzo and Mint](#)
- [Crispy Shrimp Sensations](#)

**Get Involved**

**HEALTHY TIP** Sharp cheese gives extra flavor so that less can be used. This helps trim the fat.

**ASSESS YOUR HEALTH**   
How healthy is your lifestyle? Check out these helpful tools and resources.

- [Body Mass Index Calculator](#)
- [Great American Health Check](#)
- [Cancer Screening Guidelines](#)
- [More Tools >](#)

**GET FIT**   
A healthy diet and regular exercise can lower your risk of cancer, diabetes, heart disease, and stroke. Get fit - eat right, be active, and maintain a healthy weight. [Read More >](#)

**BE SUN SMART**   
A sunburn or tan will fade, but damage to deeper layers of skin remains and can eventually cause

**KICK THE HABIT**   
Smoking increases your risk of lung and other cancers. Quitting can add years to your life, so kick the habit,

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# Log your points

This is where  
you will log  
your daily  
points!

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Points for Week 1 [5/3/2010 - 5/9/2010]  

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Life Points	3	4	5	6	7	8	9

Update Total Points

Week 1 Life Points:	0
Your Weekly Goal:	300
Percentage of Your Weekly Goal Met:	0
Week 1 Bonus Points:	0
Total Points to Date:	0

Your Midpoint Progress

Health Tips  
I will reach my goal and beyond.  
Health News  
[Easy options for getting a workout at work](#)  
[Exercises you can do at 20 or 70](#)  
[Breathe new life into an old routine](#)  
[Make fitness a family affair](#)

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## ACS Active for Life Point system:

- **1 Life Point** for each minute of moderate to vigorous physical activity, above usual activities  
ACS recommends that adults be active for at least 30 minutes/day, 5 or more days/week (45-60 minutes of intentional physical activity are preferable)  
30 min X 5 days = 150 Life Points  
Participants should track only intentional activity in minimum 10 minutes increments
- **1 Bonus Point** for each serving of a fruit, vegetable and water

## HBE Bonus Points

- **Healthy Lifestyle Bonus Points** (HBE Weekly email, will be forwarded to team members by team captain)
- **Make it Stick** and **Go Above and Beyond** Bonus Points (HBE Weekly email, will be forwarded to team members by team captain)

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## Questions?

- Call Heather Morgan 505-844-4143 or email [hmorgan@sanida.gov](mailto:hmorgan@sanida.gov)
- Call Kayleen Vahle 505-284-3746 or email [kvahle@sandia.gov](mailto:kvahle@sandia.gov)

**Let's get moving!**

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